

# Timex®

www.timex.com  
W-201 579-095002 EU

## Heart Rate Sensor

For information on using your watch, consult the watch instruction booklet.

### Heart Rate Monitor

#### How the Heart Rate Monitor Works

The Heart Rate Monitor is a combination of a Heart Rate Sensor and a sport watch. The Heart Rate Sensor attaches to your chest and measures the electrical signals generated by the heart as it is beating. Using this information, it then calculates your heart rate and transmits it to your watch. You simply glance at the watch during exercise/training to make sure you are in the appropriate heart rate range to maintain or improve your fitness level.

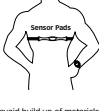
#### How to Use the Heart Rate Monitor

1. Move away from sources of electrical or radio interference.
2. Wet the Heart Rate Sensor pads. THIS IS ESSENTIAL for proper operation of the Heart Rate Monitor.
3. Put on the chest strap. Fasten the strap snugly around your chest, just below the breasts. Be sure the transmitter is centered on the chest and is right side up so the logo can be read by someone facing you.
4. Start the Heart Rate Monitor. Refer to the user manual for your watch for detailed instructions on viewing heart rate data.

#### Warning

This is not a medical device and is not recommended for use by persons with serious heart conditions. You should always consult your physician before beginning or modifying an exercise program.

Interference with the radio signal, poor contact between your skin and the chest strap, and other factors may prevent accurate transmission of heart rate data.



#### Maintenance

Rinse Heart Rate Sensor and strap in fresh water to avoid build up of materials that can interfere with the measurement of your heart rate.

#### Transmitter Battery Life and Replacement

Battery life of the transmitter should exceed two years, based upon using it an hour a day. Greater usage will shorten the battery life. Replace transmitter battery when any of the following occur:

- The watch no longer receives heart rate information from the chest transmitter when properly worn on the chest.
- Error messages (COMM ERR, SIGNAL LOST) appear with increased frequency on the display.

#### Battery Replacement

**NOTE:** You'll need to have a device (such as a watch) capable of displaying heart rate information to verify that the new battery has been inserted correctly. Use a coin to open the battery compartment cover (back of sensor).

- Insert new battery (CR2032 or equivalent) with "+" facing you.
- Push the reset button next to the battery. Use a toothpick or straightened paper clip. (Digital Heart Rate Sensor only)
- Reinstall battery cover and perform quick test of the unit: (See "How to Use the Heart Rate Monitor" above).
- Within a few seconds, the heart symbol on the watch display should begin flashing, indicating that the sensor is active. This confirms that the battery was installed correctly.

**NOTE:** A heart rate value does not need to appear on the display during this test.

**IF FLASHING HEART DOES NOT APPEAR ON WATCH:**

- Press the reset switch in the battery compartment again (Digital Heart Rate Sensor only) and replace the battery cover, or
- Reinstall the battery, and repeat test procedure above.

#### Water Resistance

The Heart Rate Sensor withstands water pressure to 60 p.s.i. See chart below for equivalents. **WARNING:** The Heart Rate Monitor (watch) will not display heart rate when operated under water.

Water-Resistance Depth	p.s.i.a.* Water Pressure Below Surface
30m/98ft	60

\*pounds per square inch absolute

**WARNING: SENSORS WILL NOT TRANSMIT DATA WHEN OPERATED UNDER WATER.**

#### INTERNATIONAL WARRANTY (U.S. LIMITED WARRANTY)

Your product is warranted against manufacturing defects by Timex Corporation for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your product by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model. **IMPORTANT: PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR PRODUCT:**

- 1) after the warranty period expires;
- 2) if the product was not originally purchased from an authorized retailer;
- 3) from repair services not performed by the manufacturer;
- 4) from accidents, tampering or abuse; and
- 5) Case, attachments or battery. You may be charged for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES.

Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your Heart Rate Sensor to the manufacturer, one of its affiliates or the retailer where the product was purchased, together with a completed original Product Repair Coupon or, in the U.S. and Canada only, the completed original Product Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch and Transceiver to cover postage and handling (this is not a repair charge): a US\$ 7.50 check or money order in the U.S.; a CAN\$6.00 cheque or money order in Canada; and a UKE 2.50 cheque or money order in the U.K. In other countries, you will be charged for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call 0800-168787. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call +43 662 88 92130. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information.

#### Service

If your Sensor should ever need servicing, send it to Timex as set forth in the Timex International Warranty or addressed to:

	Street address:
HotLine Watch Service	HotLine Watch Service
P.O. Box 2740	1302 Pike Ave.
Little Rock, AR 72203.	North Little Rock, AR 72114

For your convenience in obtaining factory service, participating Timex retailers can provide you with a pre-addressed Repair Mailer. See the Timex International Warranty for specific instructions on the care and service of your heart rate sensor.

For service questions, call 1-800-328-2677.

Should you need a replacement strap, call 1-800-328-2677.

FCC Notice (U.S.) / IC Notice (Canada)

Timex Corporation declares that the following products are compliant to the relevant FCC Part 15 and Industry Canada rules for Class B devices as follows:

#### Product Name:

Heart Rate Monitor System – HRM Transmitter Series M8xx/M5xx

#### Product Type: Intentional Radiator

Model	FCC ID No.	IC Certification No.
M821 Heart Rate Monitor	EP9TMAXHRM	33481021492A
M515 Heart Rate Monitor	EP9TMAXM515	3348A-M515

These devices comply with Part 15 of the FCC rules. Operation is subject to the following two conditions: (1) The device may not cause harmful interference, and (2) the device must accept any interference received, including interference that may cause undesired operation.

**Caution:** Any changes or modifications to the equipment listed above, not expressly approved by Timex Corporation, could void the user's authority to operate this equipment.

**Industry Canada Notice:** This Class B digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

#### DECLARATION OF CONFORMITY

**Manufacturers Name:** Timex Corporation  
**Manufacturers Address:** 655 Christian Road  
Middletown, CT 06762  
United States of America.

declares that the following products, which include all components of the TimexEcoLink System, are compliant to the relevant EU Directives as follows:

#### Product Name:

Heart Rate Monitor System — HRM Transmitter Series M8xx/M5xx

conforms to the following product specifications:

#### LVD: 72/23/EEC

Safety: IEC 60950

#### EMC: 89/336/EEC and amendments 92/31/EEC, 93/68/EEC, and 98/13/EEC

**Emissions:** EN300-330-1, -2  
Radiated Emission 9kHz to 30MHz H-Field (magnetic)  
Radiated Emission 30MHz to 1000MHz E-Field (electric),  
Part B NEM022

**Immunity:** EN300-683  
Radiated Immunity 80MHz to 1000MHz, Part EN61000-43  
ESD Electrostatic discharge, Part EN61000-42

**Supplemental Information:** The above products comply with the requirements of the Low Voltage Directive 72/23/EEC and the EMC Directive 89/336/EEC (including amendments 92/31/EEC, 93/68/EEC, and 98/13/EEC) and carry the CE marking according to Notifying Body – Underwriters Laboratories Inc., CAG# 0903, 1285 Walt Whitman Road, Melville, NY 11747.

Timex Corporation declares that these low power radio equipment devices are in compliance with the essential requirements and other relevant provisions of R&TE Directive 1999/5/EC.

Timex Corporation declares that these low power electronic devices are in compliance with the essential requirements and other relevant provisions of the EMC Directive.

Agent:

Brian J. Hudson  
Director, Test Engineering and Module Development

Date: 10 May 2004, Middletown, Connecticut, U.S.A.